

# Sterling Council on Aging

Living Out Our Sterling Years Together

November 2012

Volume 17, Number 111

*Our mission is to maintain the health and well being of the Sterling seniors and to assist them with preserving their independence.*

Butterick Building

1 Park Street

Mon – Thu: 8 – 2:30 PM

Fri: 8 – 12 noon

COA (Council on Aging)

Office: 978-422-3032

Rides: 978-422-3032

Meals: 978-422-8022

Fax: 978-422-9916

## Senior Center Staff

### Director:

Karen L. Phillips

### Regular Driver:

George Guertin

### Part-time Driver:

Pam Dell

### Spare Drivers:

John Perry

Gloria Rugg

### Meal Site Manager:

Pam Dell

## Message from the Director

I would like to give my thanks to all of the people who have supported and continue to support the Senior Center. We are here to meet the needs of the seniors in Sterling. This may seem like a lofty goal, but we are doing our best.

On Tuesday, November 13<sup>th</sup>, the town is having a Special Town Meeting. One of the articles is asking for money for the Owner's Project Manager and Architect to design the future Senior Center. The town meeting is at 7 PM.

We are getting into the holiday season. This can be very stressful for a multitude of reasons. Make sure that you take time to enjoy the holidays and to take care of yourself along the way.

Thanks again to everyone who helps us along the way. We would be nothing without our wonderful volunteers.

Happy Thanksgiving.



Reminder: The Senior Center's Christmas party is Sunday, December 2<sup>nd</sup> at 1 PM. Roger Tincknell will be performing A Winter Solstice Celebration. Santa usually shows up with gifts for all. Refreshments will be served after the performance. All are welcome.

### ◆ COA Board

Barbara Foster, Chair

Sharon Bloom, Vice Chair

Mary Higgins, Secretary

Constance Cleary, Treasurer

Anita Benware

Irene Camerano

Debra MacLennan

Ellen Sesia

Peter Watson

Ken Day, Associate

Susan Doucette, Associate

The COA Board generally meets the 1<sup>st</sup> Thursday of the month at 4:30 PM in the Senior Center.

## Volunteers/Consultants needed!

Many people are looking for more activities at the Senior Center. With our budget, we are looking for people to volunteer to lead classes and workshops on various subjects such as crafts, learning a language, cooking, etc. Call the Senior Center at 978-422-3032 if interested.

## Special Events for November

Sunday, November 4 – Daylight Savings ends. Don't forget to turn your clocks back one hour.

Monday, November 5 – Feel Good Bingo at 12:30 PM. Come and learn about healthy bodies and healthy minds. This is a program which offers a fresh spin on the classic game of bingo. Prizes will be awarded. We will be having apple crisp and vanilla ice cream. The ice cream was donated by Meola's Ice Cream. All are invited.

Tuesday, November 6 – Voting! The van will be available to transport people to the polls. Call the Senior Center at 978-422-3032 to schedule a ride.

Wednesday, November 7 – Apple pie social with lunch. Summit Elder Care will be sponsoring an apple pie social with lunch. Sign up for lunch by calling the Meal Site at 978-422-8022.

Thursday, November 8 – Gothic Victorian Tales by Candlelight by Rita Parisi at 1 PM. Sarah Orne Jewett, a native of South Berwick Maine was one of New England's most prolific female writers of the 19th century. Her short stories mirror the everyday lives of New Englanders; often reflecting the mysterious and supernatural atmosphere of this region. Rita will present a trio of Miss Jewett's tales dealing with Curses, Death, and Immortality. This is not a reading. This is a theatrical piece adapted from the original stories using the author's own words. All are welcome. Refreshments will be served after the program.

Monday, November 12 – Senior Center closed for Veterans' Day.

Tuesday, November 13 – Foxwoods Trip. Leave the center at 8 AM and return at 5 PM. Sign up required.

Tuesday, November 13 – Special Town Meeting at 7 PM. If you need a ride, please call the Senior Center at 978-422-3032

Thursday, November 15 – SHINE counselor available for health insurance questions. Appointments are required by calling the Senior Center at 978-422-3032.

Thursday, November 15 – Elder Keep Well clinic from 12 – 2 PM.

Monday, November 19 – “How Not to Overeat During the Holidays” talk at 12:15 PM by Life Care Center of Leominster. Most people gain 10 – 15 pounds over the holidays. Join us as we learn strategies on how to reduce or eliminate this number.

Thursday, November 22 – Senior Center closed for Thanksgiving.

Friday, November 23 – Senior Center closed for Thanksgiving.

Thursday, November 29 – Book club at 12:30 PM. This month's selection is Winter Garden by Kristin Hannah.



As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.  
~John Fitzgerald Kennedy

The COA is looking for donations of Birthday cards. We send out a card to every senior over 75. Donations can be dropped off at the Senior Center office.

The book club is still going strong. It generally meets the 4<sup>th</sup> Thursday of the month at 12:30 PM. Here are the next selections:

November 29 (note date change) – Winter Garden by Kristin Hannah

December 20 (note date change) – A Redbird Christmas by Fannie Flagg

January 24 – The Help by Kathryn Stockett

### **Ongoing Events:**

#### **Mondays –**

Coffee and donuts at 9 AM. Catch up on conversations with old friends or make some new ones - \$0.50

Art class at 10 AM. Discover your artistic side with classes taught by Artist Howard Besnia, at his studio.

Senior Fitness at 10 AM. Get in shape with a fun group of people and a certified instructor. This class is offered thanks to Oriol Healthcare – free.

#### **Tuesdays –**

Game day at 12:15 PM. Come on down to play bridge, dominoes, cards, scrabble, etc.

#### **Wednesdays –**

Walking club at 9 AM at the Cider Mill, stopped until Spring.

Chair Yoga at 9:30 AM. Get the benefits of yoga without leaving your chair. \$3.00 a class.

Computer class at 10 AM. Have your computer questions answered. Free.

Shopping trip to various stores at 1 PM – Wal-Mart, K-Mart, Target, etc. Sign up required. Limited to 9 people.

#### **Thursdays –**

Yoga at 9 AM. Gentle yoga stretches for strength and flexibility with a certified instructor - \$3.00 per class.

Meals – we serve a healthy lunch Monday to Friday at 11:30 AM. We do the cooking and the dishes, so come to the Senior Center and enjoy. Please make your reservations 24 hours in advance (before 12 noon). Your \$2.25 donation is appreciated.

Elder Keep Well Clinic every third Thursday from 12 – 2 PM. You can have a private meeting with an RN for blood pressures, glucose levels, disease management, and medication counseling.

A SHINE counselor is available for private appointments regarding your health insurance questions once a month. Call to schedule an appointment.

Our computer lab is up and running and has internet access.

Don't forget that we have a pool table for impromptu games or practice.

Transportation is not an excuse to miss out on these activities. We provide transportation on our senior van. The charge is \$1.00 roundtrip in town and \$2.00 roundtrip out of town. There is no charge to come to the Senior Center. All you have to do is call us at least 48 hours in advance to make a reservation. The van is available Monday, Tuesday, Thursday, and Friday afternoons.

All reservations can be made by calling 978-422-3032.

LGBT Rainbow Lunch Club for those 60+ on the 2<sup>nd</sup> Wednesday of the Month at the Unitarian Universalist Church in Worcester. Call 508-756-1545 X339 for more info.

**News from SHINE November 2012**

**Medicare Open Enrollment**

**October 15 – December 7**

**It's that time of year again!** If you have Medicare, sometime during the month of September you will be receiving important information from your Prescription Drug Plan, your Medicare Health Plan, and/or Prescription Advantage (if you are a member). You need to read these letters carefully to understand the information they contain. You should ask a family member or trusted friend to help you if you do not understand this information.

**DO NOT IGNORE ANY LETTERS FROM YOUR PLANS!**

**SAVE ALL LETTERS FROM YOUR PLANS!**

The annual Medicare Open Enrollment (**October 15th - December 7th**), is the only CHANCE you have to CHANGE your coverage for next year. State-certified SHINE (Medicare) Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early. During the month of October our Regional Office will be conducting informational sessions throughout Worcester County. We have scheduled meetings in the following towns Pepperell, Groton, Shirley, Winchendon, Holden, West Brookfield, Sturbridge, Hopedale, Medway, Auburn, Uxbridge, Templeton, Northbridge and Barre. You can call your local Senior Center to ask about a meeting near you.

**DO NOT WAIT UNTIL IT'S TOO LATE!**

**You can now access our monthly SHINE chat line, sponsored by the Central Massachusetts Agency Aging, on the second Tuesday of each month. To attend the SHINE Session, go to [www.SeniorConnection.org](http://www.SeniorConnection.org) and click on Connection for Caregiver button. Then click on the Support Groups and Chats button. Create a username and password, log in and click on SHINE.**

You can now access our monthly SHINE chat line, sponsored by the Central Massachusetts Agency Aging, on the second Tuesday of each month. To attend the SHINE Session, go to [www.SeniorConnection.org](http://www.SeniorConnection.org) and click on Connection for Caregiver button. Then click on the Support Groups and Chats button. Create a username and password, log in and click on SHINE.

*If you need help on any aspect of your health insurance, SHINE offers free counseling at your local Senior Center or Council on Aging. Call your Senior Center or COA and ask for a SHINE appointment. You can reach a SHINE volunteer by phone at 1-800-AGE-INFO (1-800-243-4636) If you get the SHINE voice mail, leave your name and phone number and a counselor will call you back as soon as possible. SHINE (Serving the Health Information of Elders) is coordinated by the Massachusetts Executive Office of Elder Affairs in partnership with the Friends of the Milford Senior Center, The Massachusetts Councils on Aging, and other local agencies.*

Living Memorial Honor  
Sterling COA/Senior Center  
1 Park Street \* Sterling, MA 01564

I am enclosing \$ \_\_\_\_\_

In honor of \_\_\_\_\_

In memory of \_\_\_\_\_

Donor's name \_\_\_\_\_

Address \_\_\_\_\_

This coupon is for your convenience in making a gift that will enhance senior services in our community today and tomorrow. Your support is greatly appreciated. Our sincere thanks to those who are remembering their friends and family by making contributions in their name to the Senior Center.

## Great American Smokeout

The American Cancer Society is marking the 37th [Great American Smokeout](#) on November 15 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk.

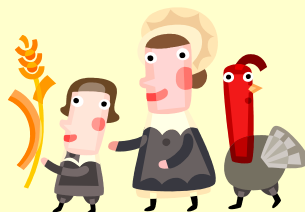
Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet more than 45 million Americans still smoke cigarettes. However, more than half of these smokers have attempted to quit for at least one day in the past year. As of 2010, there were also 13.2 million cigar smokers in the US, and 2.2 million who smoke tobacco in pipes.

Quitting is hard, but you can increase your chances of success with help. The American Cancer Society can tell you about the steps you can take to quit smoking and provide the resources and support that can increase your chances of quitting successfully. To learn about the available tools, call the American Cancer Society at 1-800-227-2345.

### General tips for quitting

Here are some tips to help you quit: 1) If you plan on using medicines, talk to your doctor, nurse, or pharmacist about which ones may be right for you. 2) Write down your reasons for wanting to quit. Keep the list with you to read when you need a reminder. 3) Throw away all of your cigarettes, lighters, and ashtrays. 4) Think of all the things you usually do while you smoke. Then come up with other habits or activities you can do instead. 5) Set a quit date and plan ahead to help deal with cravings. 6) Tell your family, friends, and co-workers about your plans to quit. 7) Have other things to put in your mouth rather than cigarettes, such as mints, carrot sticks, toothpicks, or cinnamon sticks. 8) Stay busy. 9) Think ahead, and avoid situations that trigger an urge to smoke.

*Reprinted from [www.cancer.org](http://www.cancer.org)*



### Code Red

The Town of Sterling has a new reverse 911 system. They have been doing tests to make sure that everyone in Sterling is included. To ensure that your contact information is included, you have to make sure that your information is registered. This is especially important if you are a business owner, have an unlisted phone number, have changed your phone number or address within the last year, use a cellular phone as your primary number, use VoIP as your telephone (such as Xfinity Voice from Comcast or Vonage). You can register your information by going to the town website: [www.sterling-ma.gov](http://www.sterling-ma.gov) and clicking on the CODE RED symbol on the home page or by contacting the Senior Center or Fire Department for assistance. Make sure that you know what is happening in your town.

### ***“Identity Theft”***

What is Identity Theft? Identity Theft is when someone steals another person's personal information to commit fraud. Identity thieves may go through your trash (or "dumpster dive") or steal your mail, wallet or purse. Using stolen Social Security numbers or credit cards and other financial information, identity thieves, among other crimes, buy cars, buy cell phones and other goods, take out loans, open new credit card accounts and open bank accounts.

Deter identity thieves by safeguarding your information, detect suspicious activity by routinely monitoring your financial accounts and billing statements and defend against identity theft as soon as you suspect a problem. Here are some tips you can follow to decrease your chances of becoming a victim of identity theft:

1. Watch for ATM shoulder-surfers.
2. Require photo ID verification to use your credit cards.
3. Shred everything.
4. Destroy digital data on your computer.
5. Be diligent about checking statements.
6. Pay your bills at the post office.
7. Limit the information on your checks.
8. Analyze your credit report annually.
9. Protect your Social Security number.
10. Caveat Emptor.

A brief explanation of the 10th item is in order. Caveat Emptor means Buyer Beware. I recommend you not do business online with companies you don't know anything about. You can feel relatively secure doing business online with Amazon.com or BestBuy.com or any web site affiliated with well-known, national or global merchants. But, if you are buying something online you need to have some level of trust that the company you are doing business with is legitimate and that they take the security of your personal information seriously.

*Attorney Kaltsas practices law at Elder & Disability Law Advocates in Worcester and Framingham, Massachusetts and hosts WTAG's Saturday morning talk show "The Senior Focus" at 11:00 AM. "The Senior Focus" can be heard on True Talk Radio -- 580 AM or 94.9 FM*

Please feel free to call Attorney Kaltsas in Worcester at 508-755-6525 or Framingham at 508-620-4525. Or listen to *The Senior Focus* and call your comments or questions into the show at 508-755-0058.



If you are having difficulty getting food, consider going to the Wachusett Food Pantry. The Pantry is a free-of-charge, supplemental, monthly food program offering 3 – 5 days of meals to any family in the region with either a short or long term need. Senior distribution is held the Friday before the 3<sup>rd</sup> Saturday of the month from 10 – 11:30 AM at Wachusett Extended Care (Holden Hospital), 56 Boyden Road, Holden (note new address). This month's distribution is Friday, November 16<sup>th</sup>. Proof of residency is required. The Pantry is also always in need of volunteers.





## November Calendar of Events

(Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
			1  9 – Yoga 11:30 – Salisbury steak	2  11:30 – baked fish  Daylight Savings time: turn your clocks back 1 hour
5 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – grilled chicken 12:30 – Feel good bingo	6 VOTING 11:30 – Swedish meatballs 12:15 – Game day	7 9:30 – Chair yoga 11:30 – meatloaf or turkey salad sandwich 1 – Van shopping trip to The Mall at Whitney Field	8 9 – Yoga 11:30 – chicken cacciatore 1 – Gothic Victorian Tales by Candlelight	9  11:30 – roast pork
12  Senior Center closed for Veteran's Day	13  11:30 – SPECIAL: turkey dinner 12:15 – Game day 7 – Town Meeting	14 9:30 – Chair yoga 11:30 – breaded chicken or Italian sub 1 – Van shopping trip to Walmart	15 9 – Yoga 11:30 – tuna salad 12 – 2 – Elder Keep Well Clinic	16  11:30 – American chop suey
19  9 – Coffee hour 10 – Exercise class 10 – Art Class 11:30 – ground beef burgundy 12:15 – How Not to Overeat During the Holidays	20  11:30 – baked chicken 12:15 – Game day	21 9:30 – Chair yoga 11:30 – hot dog and beans (no choice) 1 – Van shopping trip to Target	22  Senior Center closed for Thanksgiving	23  Senior Center closed for Thanksgiving
26  9 – Coffee hour 10 – Exercise class 10 – Art Class 11:30 – white turkey chili	27  11:30 – chef's salad 12:15 – Game day	28 9:30 – Chair yoga 11:30 – coq au vin chicken or tortellini salad 1 – Van shopping trip to Walmart	29 9 – Yoga 11:30 – meatballs with brown gravy 12:30 – book club	30  11:30 – stuffed shells

*Choice lunch Wednesdays – If you come into the Senior Center for lunch on Wednesdays, you have a choice of the hot meal or a cold meal. If you want the cold meal, you must call the Meal Site on Monday by 12 noon (or Friday if Monday is a holiday).*



**Sterling COA**  
1 Park Street  
PO Box 243  
Sterling, MA 01543

**Phone:**  
978-422-3032

**Fax:**  
978-422-9916

**E-mail:**  
kphillips@sterling-ma.gov

**We're on the Web!**  
[www.sterling-ma.gov](http://www.sterling-ma.gov)

Excellent advice: Keep a copy of your health care proxy, and anyone else's that you have, in the glove compartment of your car(s). Have your kids keep their copies in their glove compartments and their spouses' glove compartments. Emergencies can occur at all hours of the day and night. No one wants to be searching for documents at 2:30 AM. Putting the documents in the glove compartments of your vehicles keeps them handy when needed (how else did you get to the hospital) and easy to find.

The Friends of the Sterling Seniors are finally up and running. They are a non-profit group dedicated to promoting the health and welfare of the Sterling Seniors. The Friends are a fundraising group which uses the money collected to supplement the Council on Aging budget to acquire needed equipment, furnishings, and materials for the present and future Senior Centers. It costs \$5.00 to join the friends. Membership forms are available at the Senior Center. Thank you for your continued support!

*Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs.*

Sterling Council on Aging  
PO Box 243  
Sterling, MA 01564-0243

PRESORTED  
STANDARD  
US POSTAGE PAID  
STERLING, MA 01564  
PERMIT NO. 2

